



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

Summer 2017

Updated 6/17/17

Subject to change

## PRINCESS ANNE FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Swim</b> 5-8:50am	<b>Open Swim</b> 5am-9:30pm	<b>Open Swim</b> 5am-9:30pm	<b>Open Swim</b> 5am-9:30pm	<b>Open Swim</b> 5am-4pm	<b>Open Swim</b> 7-8:20am	<b>Open Swim</b> 1pm-6:30pm
<b>Limited Open Swim</b> 8:50-11:20am	<b>Limited Open Swim</b> 8:50-11:20am	<b>Limited Open Swim</b> 8:50-11:20am	<b>Limited Open Swim</b> 8:50-11:20am	<b>Gentle Water Exercise</b> 8:45-9:30am Multi-level	<b>Limited Open Swim</b> 8:20am-12pm	
<b>Gentle Water Exercise</b> 8:45-9:30am Multi-level	<b>Aqua Track</b> 8:45-9:30am Multi-level	<b>Gentle Water Exercise</b> 8:45-9:30am Multi-level	<b>Aqua Track</b> 8:45-9:30am Multi-level	<b>Aqua Track</b> 9:45-10:45am Multi-level	<b>Swim Lessons</b> 8:20am-12pm	
<b>Swim Lessons</b> 8:50-11:20am	<b>Swim Lessons</b> 8:50-11:20am	<b>Swim Lessons</b> 8:50-11:20am	<b>Swim Lessons</b> 8:50-11:20am	<b>Water Fit</b> 11:00-12:00pm Multi-level	<b>Open Swim</b> 12-6:30pm	
<b>Open Swim</b> 11:20am-1:30pm	<b>WATERinMOTION</b> 9:45-10:30am Multi-level	<b>Aqua Track</b> 9:45-10:45am Multi-level	<b>Water Tabata</b> 9:45-10:30am Multi-level	<div style="border: 2px solid black; padding: 10px;"> <p>During high program times there will only be available open swim on the splash park side of the pool. These are:</p> <ul style="list-style-type: none"> <li>• M/W/F 9:45-10:45am and 1:30-3:30pm</li> <li>• T 9:45-11:30am, 1:30-3:30pm and 5:30-6:30pm</li> <li>• Th 9:45-11:30am, 1:30-3:30pm and 4:45-6:30pm</li> </ul> </div>		
<b>Limited Open Swim</b> 1:30-3:30pm	<b>Aqua Zumba</b> 10:30-11:30am Multi-level	<b>Water Fit</b> 11:00-12:00pm Multi-level	<b>Aqua Zumba</b> 10:30-11:30am Multi-level			
<b>Camp Swim</b> 1:30-3:30pm						
<b>Aqua Track</b> 9:45-10:45am Multi-level						
<b>Water Fit</b> 11am-12:00pm Multi-level						

<b>Swim Lessons</b> 4:00-7:10pm	<b>Swim Lessons</b> 4:00-7:10pm	<b>Swim Lessons</b> 4:00-7:10pm	<b>Swim Lessons</b> 4:00-7:10pm	<b>Open Swim</b> 4-9:30pm
<b>Limited Open Swim</b> 4-7:10pm	<b>Limited Open Swim</b> 4-7:10pm	<b>Limited Open Swim</b> 4-7:10pm	<b>Limited Open Swim</b> 4-7:10pm	<div style="border: 2px solid black; padding: 10px;"> <p><b>Important dates</b></p> <ul style="list-style-type: none"> <li>• Messy Mondays June 19-August 21 Come decorate the pool deck with colored chalk. Spend quality time with your family while creating fun and funky art, pool side..</li> <li>• Get into the Games Thursday, June 15-August 24 Enjoy fun-filled games on the pool deck.</li> <li>• Freeze Pop Friday June 23, July 7, July 21, August 4, August 18, 12pm-2pm Enjoy a frozen treat on a hot summer day, courtesy</li> </ul> </div>
<b>Aqua Track</b> 4:30-5:30pm Multi-level	<b>WATERinMOTION</b> 5:30-6:30pm Multi-level	<b>Aqua Track</b> 4:30-5:30pm Multi-level	<b>Aqua Zumba</b> 4:45-5:30pm Multi-level	
<b>Aqua Track</b> 5:45-6:30pm Multi-level	<b>Open Swim</b> 7:10-9:30pm	<b>Aqua Track</b> 5:45-6:30pm Multi-level	<b>WATERinMOTION</b> 5:30-6:30pm Multi-level	
<b>Open Swim</b> 7:10-9:30pm		<b>Open Swim</b> 7:10-9:30pm	<b>Open Swim</b> 7:10-9:30pm	

**PRINCESS ANNE FAMILY YMCA**  
2121 Landstown Road, Virginia Beach, VA 23456



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# PRINCESS ANNE AQUATIC GUIDELINES

## SWIM TEST & YOUTH WATER SAFETY POLICY

All swimmers ages 3-12 are required to pass a swim test before being allowed to swim without parent or supervising guardian being within arm's reach at all times. A parent or supervising guardian must accompany child during swim test to learn the needed areas of improvement if child does not complete the requirements of the test. The swim requirements are as follows:

- Comfortably swim one length of the swimming pool (25 yards) without assistance – starting in the shallow end of the pool.
- Pausing is allowed for the swimmer to rotate and breathe.
- Type of stroke or combination of strokes allowed: Free-style (front crawl) and/or breaststroke. Swimmer must remain horizontal on top of water and have some level of proficiency of the swim stroke. Underwater swimming is not permitted.
- At the end of the 25 yard swim, the swimmer must tread water for 30 seconds.
- Exit swimming pool either by steps, ladder or side.
- Finally, to test confidence in deep water – swimmer jumps into deep end of pool resurfaces and exits swimming pool by steps, ladder or side.

Upon successful completion, a complimentary green swim necklace will be awarded, which notifies the lifeguards of the child's ability to swim. Swimmers who have completed requirements of swim test must wear green necklaces at all times while in the pool. For safety of all children, sharing swim necklaces is not permitted. Replacement green necklaces cost \$2.

## SLIDE GUIDELINES

You must pass the swim test before using the slide. Please swim only when a lifeguard is on duty. For your protection, slide only feet first, on your back. Only one person is permitted on the slide at a time. You must wait until the previous slider is at the wall ladder before climbing the stairs.

## POOL GUIDELINES

- **PARENTS MUST BE IN THE WATER WITHIN ARM'S REACH OF ALL NON-SWIMMERS, INCLUDING CHILDREN WEARING COAST GUARD APPROVED LIFE JACKETS. CHILDREN UNDER 10 CANNOT BE IN ANY OF THE AQUATIC FACILITIES WITHOUT A PARENT IN THAT SAME AQUATIC FACILITY.**
- **SWIM ONLY WHEN A LIFEGUARD IS ON DUTY.**
- **NO DIVING.**
- **SWIM DIAPERS MUST BE WORN BY ALL CHILDREN WHO ARE NOT POTTY-TRAINED.**
- Running on deck, horseplay, carrying people on shoulders, pushing and dunking are not permitted.
- Only Coast Guard approved life jackets (or safety floatation devices) are permitted under direct adult supervision. Arm "floaties" are not permitted. Please see a lifeguard to borrow a life jacket.
- Children ages 10-12 may visit the pool on their own if a parent is in the building and they have completed the requirements of the swim test. Children 13 and over may use the pool on their own.
- Swimmers must wear appropriate swim attire. No cutoffs are allowed.
- Please change children's clothes and diapers in the appropriate changing areas of the facility, the locker rooms and family changing room. ☐ Fins and snorkels are allowed only in lap lanes.
- People with open cuts, blisters and sores are advised to not use the pool.
- The lifeguard on duty has the ultimate authority and responsibility for the safe operation of the pool.

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